



# Military Community & Family Policy

## **USAREC Annual Leaders Conference February 11, 2015**

*Ms. Vickie LaFollette  
Office of Military Family Readiness*





# Family Readiness System

The Family Readiness System (FRS) is the **network of programs, services, people and agencies**, and the **collaboration** among them, that promotes the readiness and **quality of life for service members and their families**. The programs and services available through the FRS can help both the military member and the family member develop new skills and tackle life's challenges – in every stage of military life





# Family Readiness Access Points

- **Active Component**
  - Army Community Service/USAREC Family Programs/Cadet Command Family Programs
  - Marine Corps Community Services
  - Navy Fleet and Family Support Center
  - Airman and Family Readiness Center
  - Military and civilian agencies and organizations (Chaplains, Behavioral Health)
- **Guard/Reserve Component**
  - National Guard Family Program
  - Army Reserve Family Program
  - Navy Reserve Family Readiness
  - Marine Forces Reserve Family Program
  - Air Force Reserve Family Program
  - Military and Civilian agencies and organizations



# Programs and Services

- Mobilization and deployment assistance
- Relocation assistance
- Personal financial management
- Spouse education and career services
- Family life education
- Emergency family assistance
- Transition Assistance

- Family Advocacy Program
- New Parent Support Program
- Exceptional Family Member Program

We cannot do it alone. Our community and family counselors help

- Information and referral

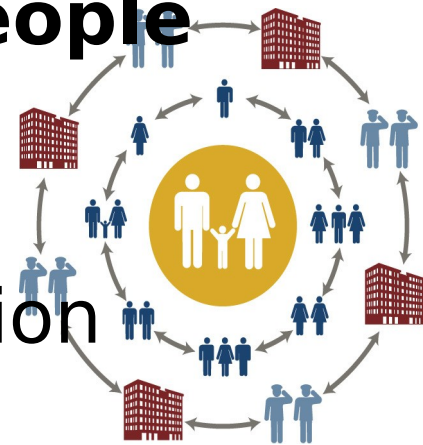


# **Community Capacity Building Overview**



# Community Capacity Building

- Goal of community capacity building is
  - **to increase the ability of people to take care of each other**
  - take care of their community
  - Equals partnerships/collaboration
- Requires actions that show
  - that there is a sense of shared responsibility
  - “collective competence” = together good things can happen





# Community Capacity



vs because of formal and informal relationships/netw



# Learning Modules

- Community Capacity Building Learning Modules
  - Part of Military Family Support Training System (MFSTS)
  - Nine (9) modules
  - Online, interactive; housed on Military OneSource
  - Modules are open to public (Military and Civilian)
  - Strength based readiness tools and practice strategies





# Community Capacity Inventory

- Web based tool
- Assists military leadership, management and staff identify individual, family and community strengths and needs of Service members and spouses within a geographic area
- Participants include Service members and spouses
- About 15 minutes to complete
- Deployment expected summer 2015



# Community Capacity Inventory

- Four Step Planning Model:
  - Identifies priority issues/challenges
  - Defines readiness outcomes/defines desired results
  - Identifies formal systems and informal networks of support that promote readiness outcomes
  - Develops strategies that promote and build capacity within formal and informal networks of support



# Plan My Move Application



# Plan My Move

- **Plan My Move** provides individuals with access to information, points of contact, checklists, planning tools, and information on education and employment
- **Plan My Move** will put you and your family in charge of a smooth relocation to your new duty assignment
- Begin by selecting your site information (Fort Knox) click "Get Moving". *If your new assignment cannot be found, select a nearby location*
- Link: <https://pre.apps.militaryonesource.mil/MOS/f?p=PMM:ENTRY:0>

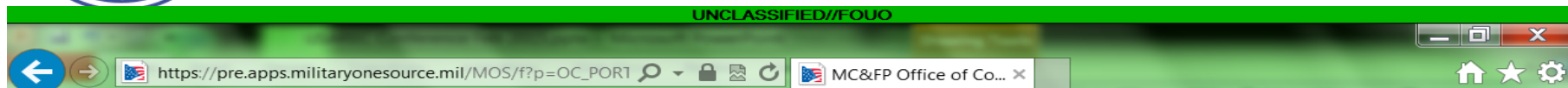


# Plan My Move

- **Plan My Move** allows for creating a customized plan and calendar designed just for you and your family
- Customize your plan by [creating an account](#). With a custom plan, you don't have to reenter your information each time you return. You just sign-in and get to work
- Plan My Move works in **concert with MilitaryINSTALLATIONS** – information is pulled from this site to populate calendars



# Plan My Move



## Military Community & Family Policy

### Office of Military Community Outreach (Pre Production)

<http://pre.apps.militaryonesource.mil>

Welcome! This portal provides quick access to MC&FP **pre-production** websites, publications and staff services.

**NOTE:** A valid Common Access Card (CAC) or ECA certificate is required to access authenticated MC&FP Office of Military Community Outreach applications and websites. If you require access to a specific application, proceed to that application and select the "First Time User" button to initiate the registration and approval process. If no "First Time User" button exists on the application you require access to, please contact the Helpdesk at 1.888.363.6431 (1.888.DoD.MHF1).

#### Policy and Procedures

- » DoD/ECA Root Certificate Install Procedures
- » Fact Sheets
- » Meeting Documentation
- » OCE Daily Check
- » Posting Content on Social Media Sites
- » TAR Utilization

#### Websites

- » Blog Brigade
- » eSponsorship Training
- » EFMP Education Directory
- » MilitaryINSTALLATIONS
- » Military OneSource
- » Military Youth on the Move
- » MSEP Jobs
- » Online Learning
- » Plan My Deployment
- » Plan My Move
- » USA4MilitaryFamilies

#### ePublications

##### [The Exceptional Advocate eNewsletter](#)

Published bimonthly for special needs military families and those who support them, this eNewsletter focuses on updates and information from the Exceptional Family Member Program.

##### [Military OneSource eNewsletter](#)

Newly redesigned for all military community audiences, this monthly eNewsletter provides updates and information highlighting timely issues, events and resources. It even provides trending needs and top resources that matter most to service members and their families.

##### [Spouse Education and Career Opportunities eNewsletter](#)

Newly redesigned for all military community audiences, this monthly eNewsletter provides updates and information highlighting timely issues, events and resources. It even provides trending needs and top resources that matter most to service members and their families.

#### Staff Services

##### [MC&FP Information & Resources Portal](#)

Online resources to include specific DoD and MC&FP information to assist all MC&FP staff - rosters, distribution lists, office locations, global calendar, graphics and administrative tools.

##### [MC&FP Style Guide](#)

This online style guide is for those developing content in support of programs within Military Community and Family Policy. The guide is intended to encourage consistency in the look, feel and tone of content. This includes content developed for MC&FP websites and applications, epublications, online Learning modules, print products (such as guides or brochures), social media and conference materials.

##### [Monthly Activity Report Application \(MARA\)](#)

Database of monthly statistics for OC websites and applications.

##### [Tasking, Assignments and Reporting \(TAR\)](#)

Online project management system for development and maintenance of all OC websites and applications.





# Plan My Move



Military OneSource

[Support](#)

## PLAN MY MOVE

Military OneSource 24/7 family assistance 1-800-342-9647

**Take charge of your PCS move.** Plan My Move provides you with access to information about your entitlements and benefits, to points of contact, checklists, planning tools, and information on education and employment. Plan My Move will put you and your family in charge of a smooth relocation to your new duty assignment. Fill in the following information about your move, click "Get Moving" and we will get started. *If your new assignment cannot be found, select a [nearby installation](#).*

**Plan My Move** gives you the option of storing the entries below plus it allows for creating a custom plan and calendar designed just for you and your family. Begin customization by [creating an account](#). With a custom plan, you don't have to reenter your information each time you return. You just sign-in and get to work!

Where are you currently stationed?

Enter Installation Name or Location above or click [here](#) for the installation lookup screen.

Where are you being reassigned?

Enter Installation Name or Location above or click [here](#) for the installation lookup screen.

When do you plan to depart?

DD-MON-YYYY (e.g. 01-JAN-2000)

Is this your first move?  
(Designed for service and family members moving from advanced training.) ☐ YES ☒ NO

Do you have a family member with special needs? ☐ YES ☒ NO [Get Moving](#)

### Sign In to Customize Your Move.

Email Address

Password  [Sign In](#)

[Forgot Password?](#)

New User? [Sign Up now >>](#)



[Read this important information first >](#)

### OUR WEBSITES

Accessibility Tools  
Education Directory for Children With Special Needs  
Military OneSource  
MySECO  
MilitaryINSTALLATIONS  
Military Youth on the Move  
MSEP Career Portal  
Plan My Deployment

### RESOURCES

About MC&FP  
Accessibility Reports and Surveys  
RSS Feeds  
Subscriptions

### LEGAL AND SECURITY

Accessibility  
Resource Request Form  
Disclaimer  
DoD No Fear Act  
FOIA  
External Links  
Privacy Act Statement and Security

### CONNECT WITH US ON:





# Plan My Move

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https://pre.apps.militaryonesource.mil/MOS/f?p=107:1:0::N MC&FP Office of Com... Plan My Move - Wel... Support

 **Military OneSource**

PLAN MY MOVE Military OneSource 24/7 family assistance 1-800-342-9647

**Take charge of your PCS move.** Plan My Move provides you with access to information about your entitlements and benefits, to points of contact, checklists, planning tools, and information on education and employment. Plan My Move will put you and your family in charge of a smooth relocation to your new duty assignment. Fill in the following information about your move, click "Get Moving" and we will get started. *If your new assignment cannot be found, select a [nearby installation](#).*

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Do you have a family member with special needs? ☐ YES ☒ NO


**Sign In to Customize Your Move.**

Email Address

Password

[Forgot Password?](#)

**New User? [Sign Up now >>](#)**

  
**MOVING FOR THE FIRST TIME?**  
Read this important information first >

**OUR WEBSITES**

- Accessibility Tools
- Education Directory for Children With Special Needs
- Military OneSource
- MySECO
- MilitaryINSTALLATIONS
- Military Youth on the Move
- MSEP Career Portal
- Plan My Deployment
- Plan My Move


**RESOURCES**


- About MC&FP
- Accessibility
- Reports and Surveys
- RSS Feeds
- Subscriptions

**LEGAL AND SECURITY**

- Accessibility
- Resource Request Form
- Disclaimer
- DoD No Fear Act
- FOIA
- External Links
- Privacy Act Statement and Security

**CONNECT WITH US ON:**

- Blog Brigade
- Social Media Hub
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# Plan My Move

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Military OneSource

Support

PLAN MY MOVE Military OneSource 24/7 family assistance 1-800-342-9647

Plan My Move > My Planning Calendars > Travel Tips

Need personal assistance?  
Call your [Relocation Manager](#)!

Or, for 24/7 assistance, call Military OneSource!

Military OneSource.com  
A 24/7 Resource for Military Members, Spouses & Families  
**1-800-342-9647**

No question is too big or too small!

Adjust Font Size

### Special Needs Travel Checklist

Before you begin to plan your trip, make sure you meet with your Exceptional Family Member Program coordinator/manager at your local installation and meet with your school personnel to review the child's individualized education program. Make sure to hand carry a written summary of all important documents including the IEP with you on your trip.

Activity	Check
<b>Arrangements</b>	
Service animal travel and requirements	<input type="checkbox"/>
Emergency telephone numbers (relief societies, American Red Cross, physician)	<input type="checkbox"/>
Accessible lodging arrangements	<input type="checkbox"/>
Power for medical equipment while traveling	<input type="checkbox"/>
Vehicle trailer for transporting necessary support equipment and supplies	<input type="checkbox"/>
<b>Air travel arrangements</b>	
Notice for special accommodation for air travel (48 hours notice)	<input type="checkbox"/>
Assistance with boarding, deplaning and making connections	<input type="checkbox"/>
Additional fee for oxygen	<input type="checkbox"/>
Be prepared to provide battery (dry and wet cell) information	<input type="checkbox"/>
On-board wheelchairs	<input type="checkbox"/>


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# Plan My Move

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 **Military OneSource**

**PLAN MY MOVE** Military OneSource 24/7 family assistance 1-800-342-9647

Plan My Move > My Planning Calendars

**Plan My Move** provides you with a three-month calendar of steps you need to take to insure a smooth move for you and your family. If you have fewer than three months until your move, complete the steps you've missed. Don't panic, but DO swing into action. The tasks are grouped by week and day so you can follow a daily schedule that works for you. Keep in mind, that each of these steps may take differing amounts of time.

You may also create a customized calendar specific to your needs and schedule. To create a customized calendar, return to the Plan My Move homepage and sign-in.

View information about the installation where you are currently stationed ([McChord Field \(JBLM-McChord Field\)](#)) and the installation where you are being reassigned ([Fort Belvoir](#)).

Have you been assigned a sponsor? If not, [click here to request a sponsor](#). The email will be forwarded to the relocation manager at your destination for action.

If you know the information you need, select the Topic below to get right to it.  
[(Select a Topic)]

**Departure: 30-Jun-2015 Calendar: CONUS - CONUS (6 Week)**

Travel Checklist Arrival Checklist Documents to Hand-carry Important Telephone Numbers Print Your To Do List Print Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	01	02
03	04	05	06	07	08	09
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
	Contact Destination Housing Office TIP	Tips for Single Servicemembers and Family Moving Checklists TIP	Inventory Personal Property TIP Notify Current Employer About Move	Plan Relocation Budget TIP Contact Relocation Manager TIP Research New Location TIP Research Schools TIP	Research BAH at New Installation and Discuss Travel Advances TIP Research Travel Options Automobile and Air TIP	

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# Plan My Move


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Military OneSource

Support

PLAN MY MOVE

Military OneSource 24/7 family assistance 1-800-342-9647

Plan My Move > My Planning Calendars > Overview of Fort Belvoir

[Jump down to the Overview](#)

**Fort Belvoir**  
9800 Belvoir Road  
Building 200  
Fort Belvoir, VA 22060-5561  
  
Phone 1-866-786-8664 / 703-805-4590  
Phone (DSN) 312-655-4590  
Fax 703-805-4143  
Fax (DSN) 312-655-4143  
  
[Email](#) | [Website](#) | [Map](#)

**Local Day & Time**  
Wednesday January 28, 2015 07:58 EST  

[Contact Information](#) [Major Units](#) [Print Booklet](#) 🖨️

[Community Information](#)

**More Information**

[Check-in Procedures](#)  
[Child Care](#)  
[Child and Youth Programs](#)  
[Deployment Support](#)  
[Directions to Installation](#)  
[Education - General Overview](#)  
[Education - Local Schools](#)  
[Education - Local Schools/Overseas](#)  
[Education - Special Education/EIS](#)  
[Education - Training \(College/Technical\)](#)  
[Emergency Assistance](#)  
[Employment - Overview](#)  
[Family Center](#)  
[Financial Assistance](#)  
[Health Care - Overview](#)  
[Household Goods - Overview](#)  
[Household Goods - Shipping Pets](#)  
[Housing - Government](#)  
[Housing - Overview](#)  
[Housing - Temporary](#)  
[Legal Assistance](#)  
[Library](#)  
[Loan Closet](#)  
[Motor Vehicles](#)  
[New Parent Support Program](#)  
[Relocation Assistance](#)  
[Special Needs](#)  
[Special Needs - EFMP Enrollment](#)  
[Special Needs - EFMP Family Support](#)  
[Special Needs - Health Care](#)  
[Sponsorship](#)  
[Youth Services](#)

[To see photos of this installation, click here.](#)

**Fort Belvoir - Virginia**

Location

Windows taskbar icons: Internet Explorer, File Explorer, Media Center, Mail, Office OneNote, Office PowerPoint.

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Military OneSource [Support](#)

PLAN MY MOVE Military OneSource 24/7 family assistance 1-800-342-9647

[Plan My Move](#) > [My Planning Calendars](#) > [Travel Tips](#)

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**Traveling Tips Checklist**

Leaving your current duty station and traveling to your new duty station is exciting and it is stressful. To keep everything in order, print off this checklist and use it to pack and to take with you on your travels.

Activity	Check
<b>Arrangements</b>	
Confirm temporary lodging facility/hotel/motel reservations	<input type="checkbox"/>
Confirm travel reservations	<input type="checkbox"/>
Decide where you will eat your meals in advance of travel	<input type="checkbox"/>
Keep important phone numbers handy such as emergency relief	<input type="checkbox"/>
Check weather en route or at destination	<input type="checkbox"/>
Provide itinerary information to friends and family	<input type="checkbox"/>
Make sure you have valid visas and passports	<input type="checkbox"/>
Make sure your ID card(s) are up-to-date	<input type="checkbox"/>
Pet travel and requirements	<input type="checkbox"/>
<b>Preparation for packing</b>	
Prepare first aid kit (band aids, aspirin, prescription medications, antacids, laxatives, antibiotic cream, insect repellent, sunscreen, towelettes, ear plugs, sewing kit)	<input type="checkbox"/>
Locate maps, print driving directions for trip or to and from airports	<input type="checkbox"/>
Locate reading material	<input type="checkbox"/>
Locate business cards	<input type="checkbox"/>
Locate video camera and charger for camera -- recharge camera, pack charger and any cables to handcarry	<input type="checkbox"/>
Locate still camera, get film for camera	<input type="checkbox"/>
Locate charger for laptop, phone and recharge all -- copy latest files from laptop and carry separately -- setup laptop/phone to pick up and send email while on travel and at destination -- locate wireless cards, phone cord and Y connection for connecting laptop to phone system and an Ethernet cable, if necessary. Make sure to change your internet connection service and get a non-ISP specific email address such as Gmail.	<input type="checkbox"/>
Locate charger for cell phone and recharge phones or purchase pre-paid calling cards to use	<input type="checkbox"/>

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Military OneSource

PLAN MY MOVE Military OneSource 24/7 family assistance 1-800-342-9647

Plan My Move > My Planning Calendars > Arrival Checklist

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Arrival At New Duty Station Checklist

Checking into the new installation, moving into a new home and acclimating to a new community all require organization and patience. Use this checklist as a guide to some of the tasks you need to do.

Task	Check	Task	Check
<b>Report to Command</b>		<b>Housing Information</b>	
Inform command of current and permanent address, if known	<input type="checkbox"/>	Installation housing	<input type="checkbox"/>
Complete required check-in procedures	<input type="checkbox"/>	Privatized housing	<input type="checkbox"/>
Contact Family Center and Relocation manager	<input type="checkbox"/>	Temporary lodging	<input type="checkbox"/>
Contact transportation office	<input type="checkbox"/>	Apartments	<input type="checkbox"/>
Contact housing office	<input type="checkbox"/>	Real estate	<input type="checkbox"/>
Contact finance office	<input type="checkbox"/>	Mobile homes	<input type="checkbox"/>
<b>Personal Property and Transportation</b>		<b>Health Care Concerns</b>	
Household goods	<input type="checkbox"/>	Emergency rooms	<input type="checkbox"/>
Privately owned vehicle	<input type="checkbox"/>	Hospitals	<input type="checkbox"/>
Rental car	<input type="checkbox"/>	Pharmacies	<input type="checkbox"/>
Driver's license information	<input type="checkbox"/>	Dentists	<input type="checkbox"/>
Register auto on installation	<input type="checkbox"/>	Special needs services	<input type="checkbox"/>
Taxi cabs	<input type="checkbox"/>	Clinics	<input type="checkbox"/>
Public transportation information	<input type="checkbox"/>	Optometrist	<input type="checkbox"/>
<b>Child Care Facilities</b>		<b>Schools</b>	
Day care on installation	<input type="checkbox"/>	Installation schools	<input type="checkbox"/>
Day care off installation	<input type="checkbox"/>	Public schools	<input type="checkbox"/>
Nursery schools	<input type="checkbox"/>	Private schools	<input type="checkbox"/>
Youth centers	<input type="checkbox"/>	DoD schools	<input type="checkbox"/>
Home care providers	<input type="checkbox"/>	Religious schools	<input type="checkbox"/>

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Military OneSource

Support

PLAN MY MOVE Military OneSource 24/7 family assistance 1-800-342-9647

Plan My Move > My Planning Calendars > Documents to Hand-carry

**Documents to Hand-carry for Fort Belvoir**

**Relocation Assistance Program**  
*Relocation Readiness Program (RRP)*  
9800 Belvoir Road  
Building 200  
Fort Belvoir, VA 22060  
Phone 703-805-5058 / 703-805-3436 / 703-805-4590  
Phone (DSN) 312-655-5058/3436/4590  
Fax 703-805-4543  
Fax (DSN) 312-655-4543  
[Email](#)  
[Website](#)  
Mon - Fri 7:30 a.m. - 4:30 p.m.  
Closed at noon the first Wed of the month.  
Sat and Sun -closed  
Holidays - closed  
Loan Closet Hours:  
Mon - Fri 8:00 a.m. - 4:00 p.m.  
Closed at noon the first Wed of the month.

**Need personal assistance?**  
Call your [Relocation Manager!](#)  
  
Or, for 24/7 assistance, call Military OneSource!  
 *A 24/7 Resource for Military Members, Spouses & Families*  
**1-800-342-9647**  
  
No question is too big or too small!

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Organize family records in a travel records kit. Compile a personal file for each family member. It is a good idea to keep any documents with your name, Social Security number and birth date in your possession at all times to avoid identity theft.

Documents	Check
Adoption papers, (if applicable) and court-ordered name changes	<input type="checkbox"/>
Allotment records and copy of allotment application	<input type="checkbox"/>
Birth certificates (original or certified copies) for all family membersopy of allotment application	<input type="checkbox"/>
Bank statements (checking/savings)	<input type="checkbox"/>
Car insurance, registration and title	<input type="checkbox"/>
Checks: blank, canceled and current statements	<input type="checkbox"/>
Child identification file	<input type="checkbox"/>
Credit cards	<input type="checkbox"/>
Deeds and mortgages	<input type="checkbox"/>

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PLAN MY MOVE

Military OneSource 24/7 family assistance 1-800-342-9647

Close Window Print

Plan My Move - Important Telephone List

Download

Organization	Commercial Phone	DSN Phone
Current Duty Station: McChord Field (JBLM-McChord Field)		
Cable Company		
Child Development Centers	253-982-4901 253-982-4166	312-382-4901/4166
Child and Youth Registration and Referral	253-591-5185	
Commissary/Shoppette	253-982-3285	312-382-3285
Commissary/Shoppette	253-589-4807	
Department of Motor Vehicles		
Electric Power Company		
Emergency Assistance		
Emergency Relief Services	253-982-2695	312-382-2695
Exchange(s)	253-982-5112	
Family Center	253-982-2695	312-382-2695
Finance Office	253-982-3945	312-382-3945
Gas Company		
Hospitals/Medical Treatment Facility(s)	253-982-5766 (Primary Care) or 253-982-5687 (Flight Med Airman's Clinic 253-982-8765 Civilians & Family Members' Clinic 253-982-5766	
Household Goods/Transportation Office (outbound)	253-982-2585	
Housing Office/Government Housing	253-589-0523	
Real Estate/Rental Agent		
Relocation Assistance Program	253-982-2695 253-982-2726	312-382-2695
School Liaison Office/Community Schools	253-982-1002	312-382-1002
Telephone Company		
Temporary Lodging/Billeting	253-982-5613	312-382-5613
Trash		
Water Company		
Next Duty Station: Fort Belvoir		
Cable Company		
Child Development Centers	703-806-4347	312-655-4347
Child Development Centers	703-806-6540	312-655-6540
Child and Youth Registration and Referral	703-805-9116 703-805-9114	312-655-9116/4
Commissary/Shoppette	703-806-6674 703-781-0536	312-656-6674/6377
Department of Motor Vehicles		
Electric Power Company		
Emergency Assistance		

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# Plan My Move

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**Military OneSource**

PLAN MY MOVE

Military OneSource 24/7 family assistance 1-800-342-9647

Close Window

Print

**Plan My Move - Checklist**

20-MAY-2015 (Wednesday)	Tell Family About Move -- Discuss With All (Some family members may be unhappy about the new assignment. )	<input type="checkbox"/>
	Explore Moving Options (There are two types of government moves, Do It Yourself and government contracted )	<input type="checkbox"/>
21-MAY-2015 (Thursday)	Plan Relocation Budget (Managing your allowances and entitlements is critical to a successful move.)	<input type="checkbox"/>
	Contact Relocation Manager (Have family members contact the destination relocation manager to help answer all questions.)	<input type="checkbox"/>
	Research New Location (Review the information available from Military OneSource, the internet, newspaper subscriptions and obtain maps of the new community.)	<input type="checkbox"/>
22-MAY-2015(Friday)	Research BAH at New Installation and Discuss Travel Advances (BAH is Basic Allowance for Housing. Travel Advance money needs to be paid back.)	<input type="checkbox"/>
25-MAY-2015 (Monday)	Contact Destination Housing Office (Learn about the availability of government quarters in new location.)	<input type="checkbox"/>
	Evaluate Government Housing Options (Government housing options should be researched before a decision to move on the economy is made.)	<input type="checkbox"/>
26-MAY-2015 (Tuesday)	Tips for Single Servicemembers and Family Moving Checklists (Moving is always a challenge -- be sensitive to everyone's stress level.)	<input type="checkbox"/>
	Begin Home Sale Process and Prepare Home for Sale (if you are a homeowner) (Start now but avoid doing major renovations.)	<input type="checkbox"/>
27-MAY-2015 (Wednesday)	Inventory Personal Property (Remember to inventory high value/high risk items and check on insurance coverage for your possessions while in transit and storage. )	<input type="checkbox"/>
	Notify Current Employer About Move (Tell your employer as soon as you know you are moving and ask for a recommendation.)	<input type="checkbox"/>
28-MAY-2015 (Thursday)	Research Schools (It takes time to make the right decisions on new schools. Remember to check enrollment requirements and school schedules. )	<input type="checkbox"/>
29-MAY-2015(Friday)	Research Travel Options Automobile and Air (Decide on the method of travel for each family member if not traveling together. )	<input type="checkbox"/>
01-JUN-2015(Monday)	Notify Landlord and Storage Unit (Remember to notify your landlord as soon as you receive orders. If you have a storage unit remember to give 30 days notice as well.)	<input type="checkbox"/>
	Begin Homesale Process (Research real estate agents carefully before making a choice. )	<input type="checkbox"/>
02-JUN-2015 (Tuesday)	Investigate Moving with Children (Children are adaptable but require more attention during moves.)	<input type="checkbox"/>
03-JUN-2015 (Wednesday)	Home Buyers Begin Housing Search (Take time to make the correct housing decision. )	<input type="checkbox"/>
	Renters Begin Housing Search (Make sure the lease includes a Military Clause. )	<input type="checkbox"/>
04-JUN-2015 (Thursday)	Track Moving Expenses (You will need a record for your tax records if you itemize deductions. )	<input type="checkbox"/>
	Contact Insurance Company (Think about extra insurance for your personal property while in-transit.)	<input type="checkbox"/>
05-JUN-2015(Friday)	Update Budget (Make sure to keep your budget up-to-date every few days or you will lose track of expenses.)	<input type="checkbox"/>
	Decide What to do with House Plants (Plants do not travel well; find them a new home before you move.)	<input type="checkbox"/>
08-JUN-2015(Monday)	Take Pet to Veterinarian (Discuss your pets medications and plans for travel.)	<input type="checkbox"/>
	Make Arrangements for Pet Travel (Check regulations for bringing a pet into a new country state city or town.)	<input type="checkbox"/>
09-JUN-2015		<input type="checkbox"/>

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1/28/2015





# Plan My Move

UNCLASSIFIED//FOUO

http://pre.apps.militaryonesource.mil/MOS/f?p=AMS:19:0::::P1 MC&FP Office of C... Plan My Move - C... eSAT - Request... x

## eSponsorship Application

Connecting Relocating Service Members and Sponsors

Close Window

### Plan My Move (Request a Sponsor)

For enquiries other than requesting a sponsor, please direct specific personal questions or concerns to your Relocation Assistance Program Manager at your departure or destination location or Military OneSource, a 24/7 information and referral service provided at no cost to military members and their families. You can contact Military OneSource at 800-342-9647 in the Continental U.S., International toll free 800-342-9647, or International collect 484-530-5908.

\* All fields are mandatory and must be entered.

\* From (Name)

\* From Email Address

\* Subject

\* Message

Send Message

**Privacy Advisory** - Use of Feedback is voluntary. Use of your e-mail is necessary as a means for us to respond to your requests or suggestions. Use of your e-mail resulting from this submission will be limited to our response.

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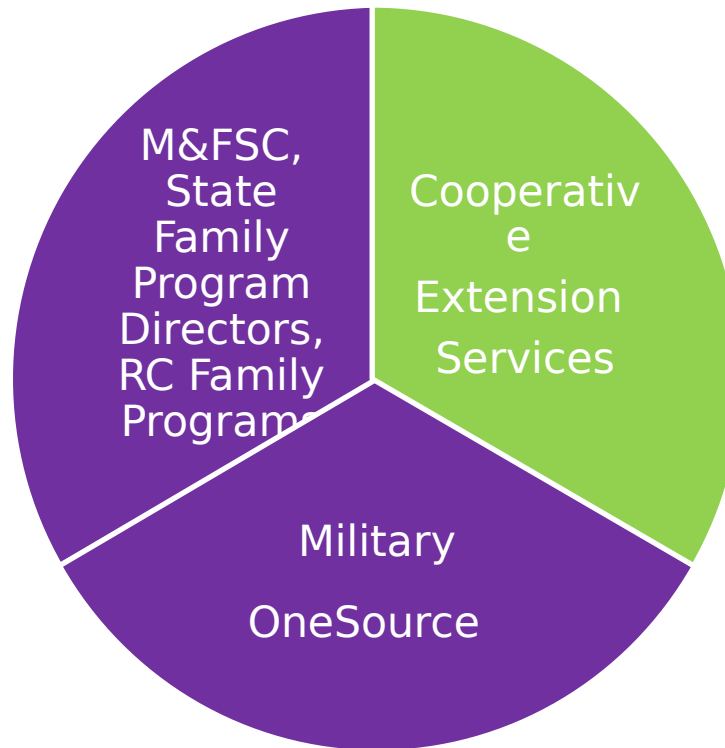


# Military Families Learning Network

- Provides **access** to national, comprehensive, interdisciplinary resources such as Land Grant University systems
- Augments the **professional development** of our DoD family service professionals
- MC&FP looks to the Learning Network to enhance **professional development** by blending education and on-line collaboration
- The Learning Network is nimble, flexible, and responsive; characteristics that are highly valued in a fiscally constrained



# Military Families Learning Network





# Military Families Learning Network

- It means you have a tool to help you improve your personal **job performance**
- It means you have **evidenced-based training**, supported by peer reviewed research, available at your desk, free of charge
- It means you can **earn continuing education** credits to maintain your professional certification at your desktop, tablet or phone



# Military Families Learning Network

**Join the Military Families Learning Network today!**



<http://www.extension.org/militaryfamilies>



# **Military Families Learning Network**

## **GRAB YOUR SMART PHONE**

<http://bit.ly/MFLNwebinars>



Questions

THANK YOU!!!!!!